42: Vanoverbergh F-5 (no date) 1936-1938 OA1 Philippines
Apayao OA5
Isneg

question and bring the water home, when without such trouble, the same, and even a much better, result can be obtained by using the water where it is found 575

The Isneg wash their hands before meals, or, to speak correctly, dip one of their hands in water with a semblance of washing it: they occasionally tell their offspring to do the same. 264 515 862

In order to satisfy the wants of nature, they always retire far away from the presence of other human beings lest they offend the latters' sense of smell: an Isneg resents nothing more than the disregard of this elementary courtesy, and children receive a severe scolding and sometimes a sound thrashing, if they fail to imitate their elders in this respect. Special closets for the purpose were entirely unknown here until Government officials introduced them by force: there is no lack of space in Apayaw. 514 863 177

Isneg women sweep the house, not only daily, but whenever there is a reason for doing so, and they clean the yard very often. Small girls are regularly told to help their mother or their elder sisters, and sometimes to do the sweeping in their stead, so that they also may learn how to perform the duties of a good housewife. 356 863

Let us now pass to the noble sport of *bisnág*. *Bisnág* is very popular all over the northern part of the Mountain Province, while Ibaloy and Kankanay seem not even to know it. Among the Isneg, not only boys and young men, but also men of mature age, frequently indulge in it; nay, at stated times, adults take part in it as in a kind of religious rite or ceremony; but more of this later. Isneg youngsters usually practice *bisnág* in imitation of their elders, merely as a kind of play, whenever it takes their fancy to do so. Although this sport is not formally taught, older people often urge boys to take part in it, and they rarely fail to break out into vociferous applause, whenever one of the young braves has performed his part befittingly, in this way encouraging the whole group to do better and better. 524 857 865 865 201 861

Bisnág certainly inures the partakers to hardship and develops their bodily strength, although, to use a minimum of words, one might say that it merely consists in slapping one another's thigh. But such a statement is all too simple; in reality the sport is much more complicated. There must be at least two men in order to play *bisnág* (Figures 1 and 2), and strictly speaking, two men are sufficient: the one who slaps, whom I shall call the *agent* for short, and the one who is slapped, the patient. 524 865

The Common Law enjoins that man must not: steal, tell false stories of others, court the wife of another, nor make trouble at a feast. It further enjoins that a man must respect the rights of individuals, give food to visitors, give aid to neighbors, and that parents shall teach children the old customs and legends, as well as correct them in order that they may grow up properly.

The Apayaos have a very complete system of social etiquette which might be characteristic of a high culture. It displays a nice sense of fitness and an innate kindliness of nature. Hispitable customs make the visitor's stay a happy one. There is even no embarrassing sense of indebtedness for gifts of service or materials to be expressed: for the people have no word meaning "thank you" in their dialect. When one goes on a journey, there is no word meaning "good-bye": no sad word of farewell. One just walks away as if he were going down to the river to take a bath. When he returns, even after a long absence there is no word of greeting. He is treated just as if he had only come back from taking his bath. As a matter of fact he may have; for it is the custom to take a bath in the last river crossed before reaching home.

The people keep their houses and surrounding grounds clean and neat. Clothing is kept washed, and daily baths in the river are taken. The bark of the *taplet* tree is used for cleansing purpose.

The Apayaos are remarkedly modest about their persons. A woman must not allow her legs to spread when squatting to a sitting position nor allow her tapis to go above her knees. Even when there are no